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BREAKING HEARTS IN MEXICO

DUTCHMAN ARJEN ROBBEN'S ATTEMPT TO WIN A PENALTY DOES NOT SIT WELL WITH MEXICAN FANS PAGE 22

Happy Canada Day! Have fun without us ...

We won't be publishing on our nation's birthday, but we will be back at it Wednesday

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GOODBYE TO GAGNER

Oilers centre Sam Gagner was traded Sunday to the Tampa Bay Lightning for right winger Teddy Purcell. Tampa Bay then traded him to the Phoenix Coyotes. Story, page 21. THE CANADIAN PRESS

Couple to unveil 800 square feet of national pride

Canada Day. Massive flag a symbol of Oliver family's true patriot love for adopted home

LEAH GERMAIN
leah.germain@metronews.ca

It might have taken 10 years, but Sanjeev Chawla and his wife Sangeeta are finally starting to feel settled in their new home.

After moving to Canada from India in 2004, the Chawlas said they've worked hard to establish themselves in their adopted land and are now ready to share their national pride with the rest of Edmonton.

On Tuesday, the couple plans on unveiling what they believe to be one of the largest Canadian flags ever, measuring 800 square feet.

Sanjeev Chawla and his wife Sangeeta hold up a corner of the massive flag. LEAH GERMAIN/METRO

"Whenever you move to a new society and new country, there are some initial hiccups and challenges," Sanjeev said about his experience relocating with his wife and four-year-old son to Canada.

"When I define settlement, it means when you have your own home, you have all of your paraphernalia," he continued. "I think it's the right time now because we are settled."

But Sangeeta and her family are still in the process of settling, even though they've lived in the country for more than a decade.

"We moved as permanent residents," she said. "We wanted to give a global perspective to our lives."

Oliver Community League president Jarrett Campbell deemed the Chawlas' gesture fantastic.

"I think that hopefully reflects the welcoming culture we have in Canada. People move here and realize we're pretty amazing," he said.

Kicking off at 7 a.m. Tuesday, the couple plans on unfolding the flag in a field near Oliver School at 102nd Avenue and 118th Street.

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Earlier than scheduled

Weather helps, Walterdale Hill opens this week

Traffic will be rolling down Walterdale Hill much earlier than expected, as the city could be opening the busy commuter route this week.

The hill has been closed since early May, with an original opening date scheduled for early August, but good weather appears to have moved up the opening date.

Mayor Don Iveson said he knows it's a busy route and he is glad the city will have it back in service.

"I know it has been a real frustration for people who rely on Walterdale Hill to get across the river," he said. "I am glad that people are going to be able to get down that hill again."

Kelly FitzGibbon, a spokesperson for the city's roads department said the city is hoping to have the road open this week, but the last stages of the construction are weather-dependent so they don't have a firm date just yet.

Iveson said luckily this construction season has seen some co-operation from Mother Nature.

"It's been a pretty dry construction season so far this year, so they have been able to get some things done."

Walterdale Hill road has to be re-aligned for the new Walterdale Bridge project. To keep the current bridge in place during construction, the new bridge is being built slightly to the east.

The new bridge is scheduled to be completed in 2015. RYAN TUMILTY/METRO

The Prince Charles neighbourhood is seeing an increasing number of infill redevelopment projects in recent years, like these two houses. RYAN TUMILTY/METRO

Garden, garage suites considered at council

Density. Debate over secondary suites in Prince Charles neighbourhood

RYAN TUMILTY
ryan.tumilty@metronews.ca

A central neighbourhood could soon have a few more people living over garages, with a proposal to expand the use of garage and garden suites in Prince Charles.

The proposal that goes to council's executive committee Monday, will allow garden suites and garage suites throughout the neighbourhood, rather than just on corner lots as the current bylaw allows.

Scott Mackie, with the city's planning department, said the proposed pilot project is about making sure density can come to core neighbourhoods in a variety of ways.

"It's ensuring that we provide a range of choice for citizens and residents and try to increase those opportunities," he said.

The Prince Charles neighbourhood has seen a number of the community's older bungalows torn down in recent years and replaced with duplexes or other multi-family development.

Mackie said he doesn't expect a sudden surge of permits for the new options, but that it will be a greater mix.

"Garage and garden suites aren't going to be the best option for everybody. It's going to be all the different kinds of what I will call secondary housing," he said.

How so

Under the proposed changes, garage or garden suites would be allowed on any standard residential property in the community, but properties would be restricted to two units per property.

The Prince Charles community actually approached council earlier this year, suggesting the neighbourhood was a good candidate.

Bricklayer remembers building St. Brendan School

Bringing it down.
Demolition for closed building set for later this summer

At a glance

- St. Brendan is one of three schools the Edmonton Catholic School district has closed in order to build one replacement school.

When Richard Hartley starts speaking of the future for St. Brendan School, his voice starts to waiver and his eyes begin to water.

At 79 years old, the Edmonton man remembers laying brick-by-brick the exterior of the building, which will be demolished later this summer and replaced by a new Kindergarten to Grade 9.

"It's sad these old schools have to go," said Hartley, who was 28 years old at the time St. Brendan was being built.

"Wherever I go in the city, I can see work that I did," he said, choking back tears. "Just like everything, it's got to make way for new stuff."

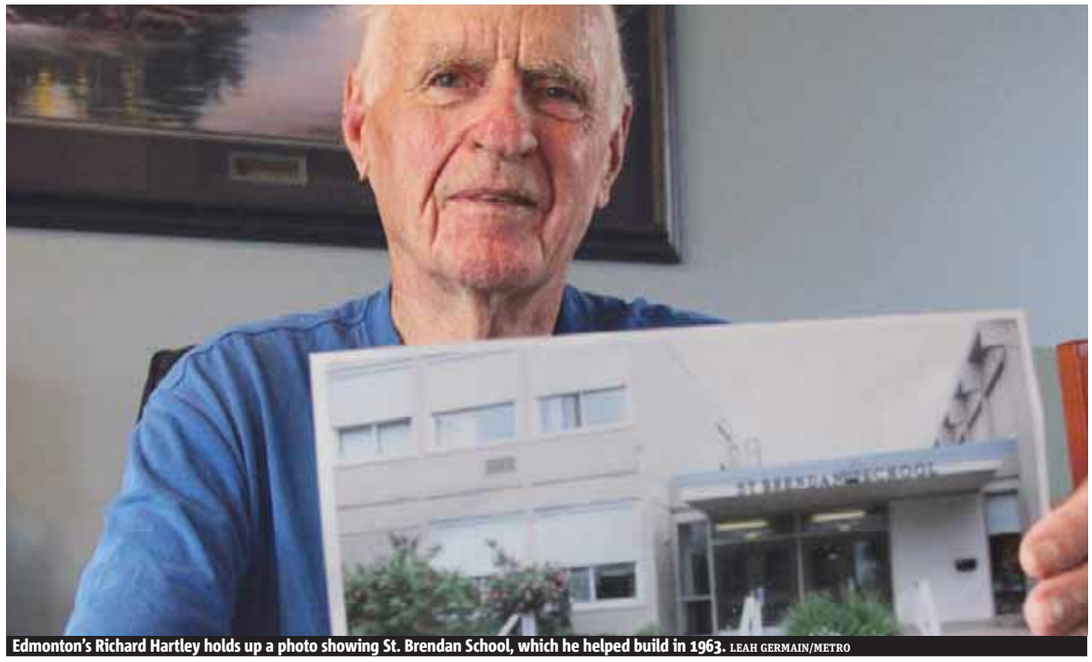
Hartley estimates he had a hand in building at least one school for every town in the province in the 1960s.

Working with a small group, Hartley said the bricklayers would have laid between 250 to 300 bricks each day to build St. Brendan.

"That's how many blocks went through our hands," he said. "I'd say there are 20,000 blocks in there."

For Hartley, the most important part of the job was to do it well, since it would be children spending their days in the schools he built.

"When we're building them, we don't really think about it until later years," he said. "As we age and buildings age you have some special feelings." LEAH GERMAIN/METRO



Edmonton's Richard Hartley holds up a photo showing St. Brendan School, which he helped build in 1963. LEAH GERMAIN/METRO

Galleria project shy of majority support

The Galleria project would be built near the site of the new Royal Alberta Museum. CONTRIBUTED

Less than half of the people asked about the downtown Galleria project supported the idea in a recent survey the backers of the project commissioned.

The proponents of the new arts centre surveyed 500 Edmontonians through Leger Marketing. The results showed 47 per cent of people supported the proposal, 17 per cent were against it and the rest remained undecided or not well enough informed.

Godfrey Huybregts, a spokesperson for the project, said over the summer they hope to be able to tell people more about the project and hopefully win a few more people over. "We want to make sure that we clarify any information that people still have questions about," he said.

The proposed complex would include four theatres and a new home for parts of the University of Alberta's arts faculties. It would also include a commercial tenant in a new office tower.

Revenue from the tower and the university would help pay for the rest of the space.

The university has said it supports the project, but hasn't signed a formal lease.

"We are still looking to resolve signing the lease tenants that we need for the commercial side of the project," said Huybregts. He said over the course of the summer they hope to share more information about the project and ask some of the backers to share their support.

RYAN TUMILTY/METRO

Canada Day affecting blood-donor turnout

Cancellations.
O Canada, O and A blood needed over holiday weekend

LUCY HAINES
edmonton@metronews.ca

Canadian Blood Services is seeing a big spike in cancellations because of the holiday weekend and is asking the public to step up to the plate.

"With the holiday falling mid-week this year, we're seeing fewer appointments booked and a higher number of cancellations around Canada Day," said Mark Donnison, vice-president of donor relations for Canadian Blood Services.

"This is particularly challenging because many regular donors are planning to take an extra-long weekend."

The most common blood types — A and O — are in especially high demand.

For retired biology teacher Shaun Boyle, 59, giving his much-needed type O blood every seven weeks is an easy decision.

"I know donating helps more than just one person. I've given 23 times so far. I'll just keep on donating," he said.

The Edmonton blood donor clinic is located at 8249 114 St. and is open Monday to Friday, with special hours on Canada Day, from 9 a.m. to 1 p.m.

Appointments are also available for a July 2 clinic at Terwilligar Community Church, 1751 Towne Centre Blvd.

Donors needed

The Canada Safety Council reports that more fatalities occur on Canadian roads during summer months than any other time — up to 50 blood donors are needed to help save the life of someone in a car crash.

- In recent months, about 20 per cent of donors have missed their appointments. Edmonton alone has more than 500 available appointments through July 5.

Longtime donor Shaun Boyle gives regularly at the Edmonton blood donor clinic. The 59-year-old retiree has type O blood which, together with type A, are the most common and most urgently needed heading through the long weekend. METRO FILE

Sunday morning

Man allegedly stabbed during Whyte Ave. altercation

One man is in hospital following a Sunday morning dispute on Whyte Avenue.

At approximately 3:10 a.m., Edmonton police responded to a disturbance on 82 Avenue and 104 Street.

According to EPS there was an altercation involving a 31-year-old man who was allegedly struck "with an unknown object," while a 22-year-old man was allegedly stabbed.

The 22-year-old is currently in hospital being treated for serious, but not-life-threatening injuries.

Police have apprehended one adult male suspect and believe alcohol was a contributing factor to the incident.

As of press time no charges had been laid. METRO

Michael Bradley Laronde

Police confirm cause of death in latest homicide

Edmonton police have released the cause of death for the latest suspicious death in the city, which they have now deemed a homicide.

Michael Bradley Laronde, 33, of Saskatchewan died from blunt force trauma to the head last week.

According to EPS, officers responded to a house near 91 Street and 83 Avenue last Sunday, where they discovered a deceased male.

The results from the Tuesday homicide were released Friday.

Anyone with information related to the case is asked to call police at 780-423-4567.

METRO

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UN. Health officials want more money for mothers, but interventions failing

In the past decade, billions of dollars have been spent trying to save the lives of mothers in developing countries using strategies, usually inexpensive drugs, deemed essential by the UN health agency.

Yet two large analyses of maternal health programs—including one conducted by the UN itself — report that the efforts appear to be almost useless, raising troubling questions about why all that money was spent.

While critics are calling for the pricey global initiatives to be significantly overhauled, the programs are still being implemented, despite little proof they work. The practices mainly involve procedures like ensuring women giving birth get cheap drugs such as magnesium sulphate to treat labour complications, or pre-emptive antibiotics for those getting a caesarean section. Even public health officials acknowledge they were taken aback by the studies.

"Nobody could have been more surprised than I was when we got the results," said Dr. Omrana Pasha of Pakistan, who led one study of maternal health interventions. THE ASSOCIATED PRESS

Dollars for what?

At an international meeting of UN partners starting Monday in South Africa, health officials are getting ready to ask donors for even more money to pour into maternal health programs.

- According to research, scientists found no link between the supposedly life-saving interventions and the death rates of women giving birth.

He's back! Rob Ford returns from rehab with four months to election

Toronto Mayor Rob Ford is set to leave rehab Monday, returning to the intense public glare from which he has been relatively absent for two months since he was forced to seek help amid fresh allegations of drinking and drug use.

Ford plans to resume his mayoral duties — curtailed by city council in November following his "drunken stupors" and crack-cocaine admissions — in the afternoon, according to a letter he sent to the city clerk's office.

But with less than four months left in the term, the bulk of the renewed Ford attention will likely be focused on his bid to win another four years in office. His city councillor brother-turned campaign manager, Doug Ford, has indicated the mayor will also resume fighting for re-election in the Oct. 27 vote. The mayor will make a statement upon his return, but won't field any questions, Doug Ford added.

Several city councillors have remarked at how calm city hall has been in Ford's absence. A Washington think-tank held a symposium to explore how Toronto ever elected Ford. THE CANADIAN PRESS

Rob Ford leaving home in May. Now he returns from rehab. THE CANADIAN PRESS

Twin disasters in India kill at least 22

Weekend tragedies. Dozens still trapped after two structures fall; police investigating construction company

Police in southern India detained five construction company officials Sunday, as rescuers using gas cutters and shovels searched for dozens of workers believed buried in the rubble of a building that collapsed during monsoon rains.

It was one of two weekend building collapses that killed at least 22 people.

Nearly 90 contract workers were believed to have been in the basement of the 11-storey structure to collect their wages when it collapsed Saturday on the outskirts of Chennai, the capital of Tamil Nadu state.

Police said 31 had been pulled out so far; four died on the spot and another seven succumbed to injuries in a hospital.

The exact number of those trapped was unknown but rescuers could hear feeble voices in the debris, said T.S. Sridhar, the disaster management agency commissioner. Officials used gas cutters, iron rods and shovels after cranes lifted concrete blocks to get to the survivors.

"Removing debris is a major challenge. It may take two to three days to clear the rubble," said S.P. Selvam, who is heading the rescue operation.

Police officer George Fernandes said two directors, two engineers and one supervisor of the construction company, Prime Sristi, were detained for questioning as authorities began investigating the collapse.

Balaguru, one of the builders (who uses only one name), said the structure collapsed possibly due to the impact of lightning.

"Usually, once the construction gets over we install the equipment to prevent the building from a thunder strike. It was nearing completion," the Press Trust of India news agency quoted Balaguru as saying.

India is notorious for building collapses.

In April last year, 74 people were killed when an eight-story building being constructed illegally in a Mumbai suburb collapsed. THE ASSOCIATED PRESS

Rescuers with a sniffer dog search for workers buried in the rubble of a building that collapsed late Saturday during monsoon rains on the outskirts of Chennai, India. ARUN SANKAR K/THE ASSOCIATED PRESS

Rescue operations & investigations

"Removing debris is a major challenge. It may take two to three days to clear the rubble."

S.P. Selvam, who is heading the rescue operation.
Police said two directors, two engineers and one supervisor of the construction company were detained for questioning.

Sad record

Earlier Saturday, 11 people died and one survivor was being treated in a hospital after a four-storey, 50-year-old structure toppled in an area of New Delhi inhabited by the poor.

- Most homes in that part of the capital were built without permission, using substandard materials, police said.
- Building collapses are common in India. Lax regulations encourage builders to cut corners, add unauthorized floors or use poor materials.

Group declares Islamic state

The al-Qaida breakaway group that has seized much of northern Syria and huge tracts of neighbouring Iraq formally declared the creation of an Islamic state on Sunday in the territory under its control.

The spokesman for the Islamic State of Iraq and the Levant, Abu Mohammed al-Adnani, made the announcement in an audio statement posted online. Islamic extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East in various forms for hundreds of years.

Abu Mohammed al-Adnani declared the group's chief, Abu Bakr al-Baghdadi, the new leader, or caliph, of the Islamic state, and called on those living in areas under the organization's control to swear allegiance to al-Baghdadi and support him.

"The legality of all emirates, groups, states and organizations becomes null by the expansion of the caliph's authority and the arrival of its troops to their areas," al-Adnani said. He added the group was changing its name to just the Islamic State. THE ASSOCIATED PRESS

Iraqi security holding a flag of the new state. THE ASSOCIATED PRESS

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Sockeye forecasts huge, but no one really knows

Fish story. First Nation skeptical of sockeye salmon run predictions, recalling 2009 disappointment

A spawning sockeye salmon is seen making its way up the Adams River in Roderick Haig-Brown Provincial Park near Chase, B.C., Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Predictions for this year's salmon fishery on British Columbia's Fraser River are so massive there's no historical data to use to forecast the many millions of sockeye expected to return.

But no one involved in the fishery would dare celebrate early as the ghost of the disastrous 2009 Fraser River fishery continues to haunt their memories.

Five years after the collapse of the run that prompted a $26-million federal inquiry, Fisheries and Oceans Canada is forecasting a summer return ranging from a low of 7.3 million to a high of 72.5 million, settling for planning purposes on 23 million.

In contrast, the department forecast that some 10 million sockeye would return to the Fraser River in 2009, but only about 1.4 million showed up.

Ken Malloway, grand chief of the Sto:lo Nation, which fishes a stretch of the river starting in Surrey, B.C., said federal officials have made some big blunders over forecasts in the past.

He said there have always been concerns, uncertainty and mistakes about sockeye predictions and returns.

"People remember it and people are concerned about it, but you know people don't want to dwell on it," he said of the 2009 season. "People are mostly optimistic."

Malloway said he believes federal officials may even be too conservative by settling on 23 million.

"The forecast is just that: it's a forecast, and there is a lot of uncertainty in that forecast," said Jennifer Niner, Fisheries and Oceans Canada's area director for the lower Fraser River.

THE CANADIAN PRESS

...And then you DIVE!

In this handout photo made available by Red Bull, David Colturi of the United States dives from the 28-metre platform at the Serpent's Lair during the third stop of the Red Bull Cliff Diving World Series at Inis Mor, Aran Islands, Ireland, on Sunday. The event was won by Gary Hunt of the U.K. with Steven LoBue of the U.S. second and Jonathan Paredes of Mexico third.

ROMINA AMATO/THE ASSOCIATED PRESS

Our home adopted land

Currently, there are 40 members of Parliament who were born elsewhere, in places such as Ivory Coast, Poland and India. The Canadian Press spoke to three of them about coming to Canada and becoming a citizen.

Corneliu Chisu

Born in Transylvania, son of anti-Nazi freedom fighter. Member of the Romanian national fencing team as a student. Former Italian diplomat. Former honorary Moldovan diplomat. Served in Afghanistan for the Canadian Forces.

"I came to Canada in 1982 and actually it changed my life."

Jose Nunez-Melo

Nunez-Melo is one of only a handful of Hispanic Canadians who have sat in the House of Commons. The 57-year-old hails from a country many Canadians know well, and whose emigres carry considerable weight in American domestic politics — the Dominican Republic.

"I will tell you frankly that the first years were not really quite easy."

Emmanuel Dubourg

Dubourg carries his late mother's ring wherever he goes, to remind him of the sacrifices she made to ensure his success. Dubourg, 55, emigrated to Montreal in 1974 from Haiti.

"She had to leave school to allow us to go to school."

THE CANADIAN PRESS

Johnny Canuck to return?

A Johnny Canuck splash page is seen amid a pile of Canadian comics. Toronto publisher Rachel Richey has obtained the rights to resurrect the Canadian character, who has appeared intermittently since the 19th century. Scan the photo with your Metro News app for a glimpse of the old comics.

DARREN CALABRESE/THE CANADIAN PRESS

$20K for everyone?

Montreal forum on minimum income aims to raise interest

A group of academics and activists is trying to drum up interest in an ambitious plan to provide every Canadian with a guaranteed minimum level of income — whether or not they have a job.

Rob Rainer, a campaign director for the Basic Income Canada Network, envisions a country where everyone is assured a minimum of $20,000 annually to make ends meet.

The conference took plsace over the weekend at McGill University in Montreal.

THE CANADIAN PRESS

Afghan man sorry he left Canada after heart surgery

10 years later. After then-9-year-old Djamshid Popal received life-saving surgery in Canada, he wanted to return to Afghanistan. Now, he wishes he had stayed

Cpl. Kevin Comeau, 30, of Tabusintac, N.B., listens to the defective heart of Djamshid Popal, nine, at the Canadian military hospital in Kabul, Afghanistan, on June 26, 2004. STEPHEN THORNE/THE CANADIAN PRESS

With the benefit of hindsight, Djamshid Popal — the fragile Afghan child whose life-saving heart procedure in 2004 made headlines across Canada — wishes he had never left the country that saved his life.

Ten years after he was flown overseas on Canada Day, eventually landing in an Ottawa hospital, the now-19-year-old Popal suffers constant nosebleeds and struggles to obtain an education in his dusty village outside of Kabul.

More concerning, his family routinely receives death threats from suspicious Taliban supporters, all because the boy benefited from Canadian compassion and medical expertise.

Canadian Forces doctors came upon Popal's desperate plight while conducting a medical clinic in Mohla Mahmad Khail, a bumpy 3-1/2-hour ride northeast of the Afghan capital.

Popal, nine at the time, was frail and having difficulty breathing, recalled Maj. Americo Rodrigues, the army doctor from Toronto who initially treated him.

"He was nine years old, but he looked like he was six," said Rodrigues. "He was very frail, he was very short of breath, he looked very sick."

After he was diagnosed at the Children's Hospital of Eastern Ontario in Ottawa, doctors said it appeared that three of the boy's four heart valves had been damaged during a severe bout of rheumatic fever. He underwent surgery to repair his heart at Toronto's Hospital for Sick Children.

Once he started to recover, Popal became extremely homesick for his mother Sohaila and other family members.

Despite efforts to keep him in Canada by supporters like Saddique Khan of Hamilton, who financed his journey, Djamshid was determined to go home, and his father Shafiullah respected his wishes. The two flew back to Afghanistan in November of 2004.

Looking back, Popal said he believes life would have been better had he remained in Canada. The slightly built Popal now breathes more easily, but his movements are laboured, and is plagued by nosebleeds brought on by warfarin, the blood-thinning medication he takes to stay alive.

Taliban supporters in his village have made threats against Popal's father, forcing him to find work breaking rocks to sell from the mountains around their village.

"If I knew this would be my situation, I would never come back to Afghanistan again and would stay (in Canada) to continue my studies," Popal said.

As he did a decade ago, Popal still dreams of becoming a doctor, although he said his health is making it hard to complete high school.

"I can't go to school regularly because its almost two hours' walk up and down the hills," he said.

"And my nose sometimes bleeds and I feel so scared because the bleeding doesn't stop very easily."

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Several Bourbon Street revellers injured in shooting

New Orleans. Passersby caught in crossfire when gun battle erupted between two men in the early morning

Nine people were shot and injured — including two critically — after being caught in the crossfire when a gun battle erupted between two men on touristy Bourbon Street in New Orleans' celebrated French Quarter, police said.

Two people were in critical condition after the early Sunday shooting, said New Orleans Police Chief Ronal Serpas. Six others were hospitalized in stable condition. The remaining victim's condition was not available.

The victims were shot two blocks from historic Jackson Square and just around the corner from the popular Pat O'Brien's piano bar.

New Orleans Mayor Mitch Landrieu on Sunday pledged a swift law-enforcement response.

"Our No. 1 priority is to keep New Orleans safe," Landrieu said in a statement issued through City Hall spokesman Tyler Gamble. "These kinds of incidents will not go unanswered ... I am confident that between video evidence and eyewitness accounts, we will bring the perpetrators to justice."

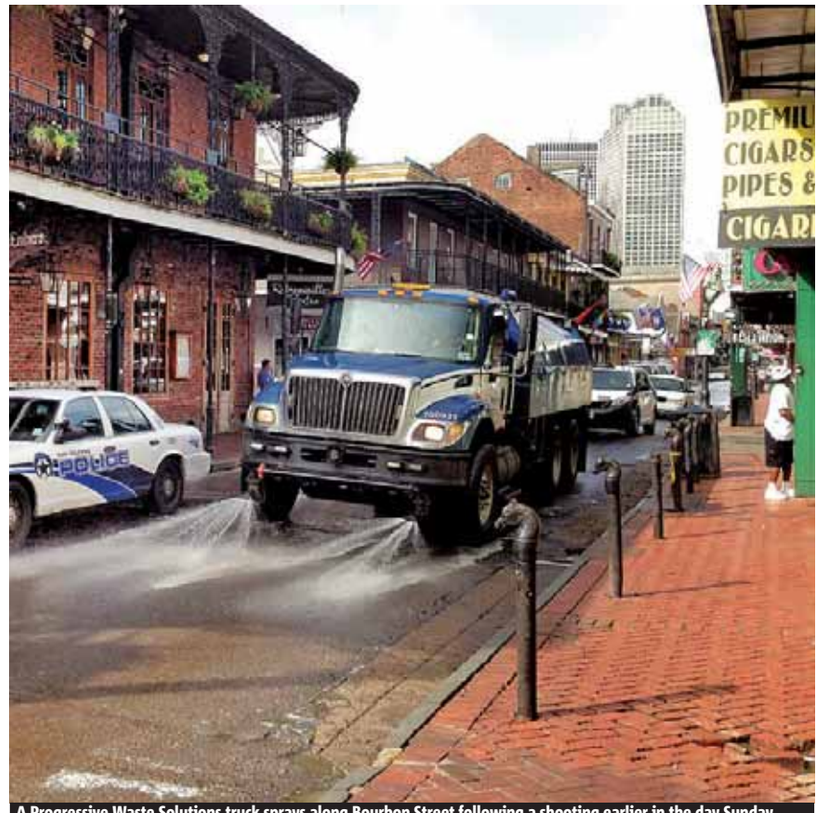
New Orleans Police Chief Ronal Serpas said at a news conference Sunday in the French Quarter that the victims were shot "by two cowardly young men trying to hurt each other."

THE ASSOCIATED PRESS

A history of tragedy

Sunday morning's incident is the third major shooting on Bourbon Street in the last three years.

- Last February on the Saturday before Mardi Gras, four people were treated at a hospital after a shooting.
- During Halloween 2011, one person was killed and seven others were injured after gunmen opened fire.



A Progressive Waste Solutions truck sprays along Bourbon Street following a shooting earlier in the day Sunday, in New Orleans. BENJAMIN ALEXANDER-BLOCH/THE ASSOCIATED PRESS/ /NOLA.COM/THE TIMES-PICAYUNE

The Pope is back in business

Pope Francis, left, is seen during a mass at St. Peter's Basilica in the Vatican Sunday, where he bestowed a symbolic gift to 24 new Metropolitan Archbishops. He gave each of them the Pallium, a woolen shawl symbolizing the archbishops' bond to the pope,. The mass is his first public ceremony since health problems caused a spate of cancelled appointments. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Pakistan

Three marriage-related killings

A 17-year-old girl and her husband were killed by her family for marrying without its consent, and in a separate incident, a young woman was burned alive by a man for refusing his proposal in Pakistan's eastern Punjab province, police said Sunday.

Muafia Bibi and her husband, Sajjad Ahmed, 30, were killed in Satrah village Friday night, allegedly by her parents, two uncles and her grandfather, said Asghar Ali, the area police chief.

He said the couple was hacked to death with a butcher's knife, and that all five suspects have been apprehended.

Ali said the couple married on June 19, and that the family had lured them back home by saying it accepted the marriage.

Elsewhere in Punjab, a man burned alive a young woman he wanted to marry after her family refused his proposal. Fayaz Aslam, 26, doused Sidra Shaukat in gasoline before setting the 20-year-old alight in a field, said Akhtar Saeed, a district police official.

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U.S. Cpl. Wassef Ali Hassoun
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U.S. deserter back in custody

A Marine who was declared a deserter nearly 10 years ago after disappearing in Iraq and then returning to the U.S. claiming he had been kidnapped, only to disappear again, is back in U.S. custody, officials said Sunday.

Cpl. Wassef Ali Hassoun, 34, turned himself in and was being flown Sunday from an undisclosed location in the Middle East to Norfolk, Virginia. He is to be moved Monday to Camp Lejeune in North Carolina, according to a spokesman, Capt. Eric Flanagan.

Maj. Gen. Raymond Fox, commander of the 2nd Marine Expeditionary Force at Lejeune, will determine whether to court martial Hassoun.

Hassoun disappeared from his unit in Iraq's western desert in June 2004. The following month he turned up unharmed in Beirut, Lebanon and blamed his disappearance on Islamic extremist kidnappers. He was returned to Lejeune and was about to face the military equivalent of a grand jury hearing when he disappeared again.

Flanagan, said the Hassoun case is unrelated to the matter of Army Sgt. Bowe Bergdahl, who disappeared from his post in eastern Afghanistan in June 2009 under unexplained circumstances. THE ASSOCIATED PRESS

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An Israeli soldier inspects a stone structure, in search of three missing Israeli teens, feared Hebron, Sunday. Israel launched its broadest ground operation in the West Bank in nearly

Thousands rally decry

Three weeks missing. Army has launched its biggest operation in the West Bank in nearly a decade

Tens of thousands of Israelis gathered in a central Tel Aviv square on Sunday night to draw attention to the plight of three Israeli teenagers who were abducted in the West Bank earlier this month.

The crowd packed Tel Aviv's Rabin Square, holding Israeli flags and posters of the three missing teens. Singers performed for the crowd, while politicians and relatives of the youths addressed the gathering.

The mothers of the teens each told the crowd that the nation is united in praying for the safety of their teens. "They know that we will never give up trying to bring them home," said Rachelle Fraenkel, one of the mothers.

The three teens — Eyal Yifrah, 19, Gilad Shaar, 16, and Naftali Fraenkel, a 16-year-old with dual Israeli-American citizenship — have not been heard from since hitchhiking home in the West Bank on June 12.

Israel has accused Hamas militants of kidnapping the teens, and the army has launched its broadest ground operation in the West Bank in nearly a decade in search of the teens. Israel has arrested about 400 Palestinians, most of them Hamas activists, and has identified two wanted Hamas operatives as the chief suspects. The two men remain on the run.

The plight of the teens has become a national obsession. Tens of thousands of people held a mass prayer for them shortly after their abduction, and there have been daily vigils and speeches on their behalf.

Sunday night's demonstration was perhaps the largest public gathering to date, taking place as Prime Minister Benjamin Netanyahu was delivering a policy speech. He said he had ordered the army "to spare no effort to bring them home." THE ASSOCIATED PRESS

abducted in the West Bank June 12, in the village of Halhul near the West Bank city of a decade, rounding up nearly 400 Palestinians. MAJDI MOHAMMED/THE ASSOCIATED PRESS

in Tel Aviv abduction

An Israeli flag with photos of the three missing Israeli teens during a rally in Tel Aviv, Israel, Sunday. ODED BALILTY/THE ASSOCIATED PRESS

Heightened tensions

Netanyahu has called on the Palestinian president, Mahmoud Abbas, to end a newly formed unity government with Hamas in response to the kidnappings. Abbas has strongly condemned the abductions but so far has left his Cabinet intact. Hamas does not sit in the government, and Abbas says his Cabinet supports his program of seeking peace with Israel.

The kidnappings led to a spike in fighting between Israel and the Gaza Strip, which remains under de facto Hamas control. The Islamic militant group seized control of Gaza from Abbas' forces seven years ago.

Late Sunday, the Israeli army said it intercepted two rockets fired out of Gaza, while Gaza militants opened fire at Israeli soldiers operating along the Gaza border. It said the Israeli force fired toward a suspect.

Another accolade

Malala gets Liberty Medal in Philadelphia

A Pakistani girl who survived being shot by the Taliban because she advocated education for girls has won the Liberty Medal from the National Constitution Center in Philadelphia.

Malala Yousafzai was just 15 when she was shot in the head while returning from school in Mingora, Pakistan, in October 2012. She angered the fundamentalist group by writing for the BBC about life under the Taliban.

The medal has been awarded annually since 1989, when Polish Solidarity founder Lech Walesa received it first. Other recipients include Muhammad Ali, former President Jimmy Carter, and, last year, then-secretary of state Hillary Clinton.

THE ASSOCIATED PRESS

In Sarajevo

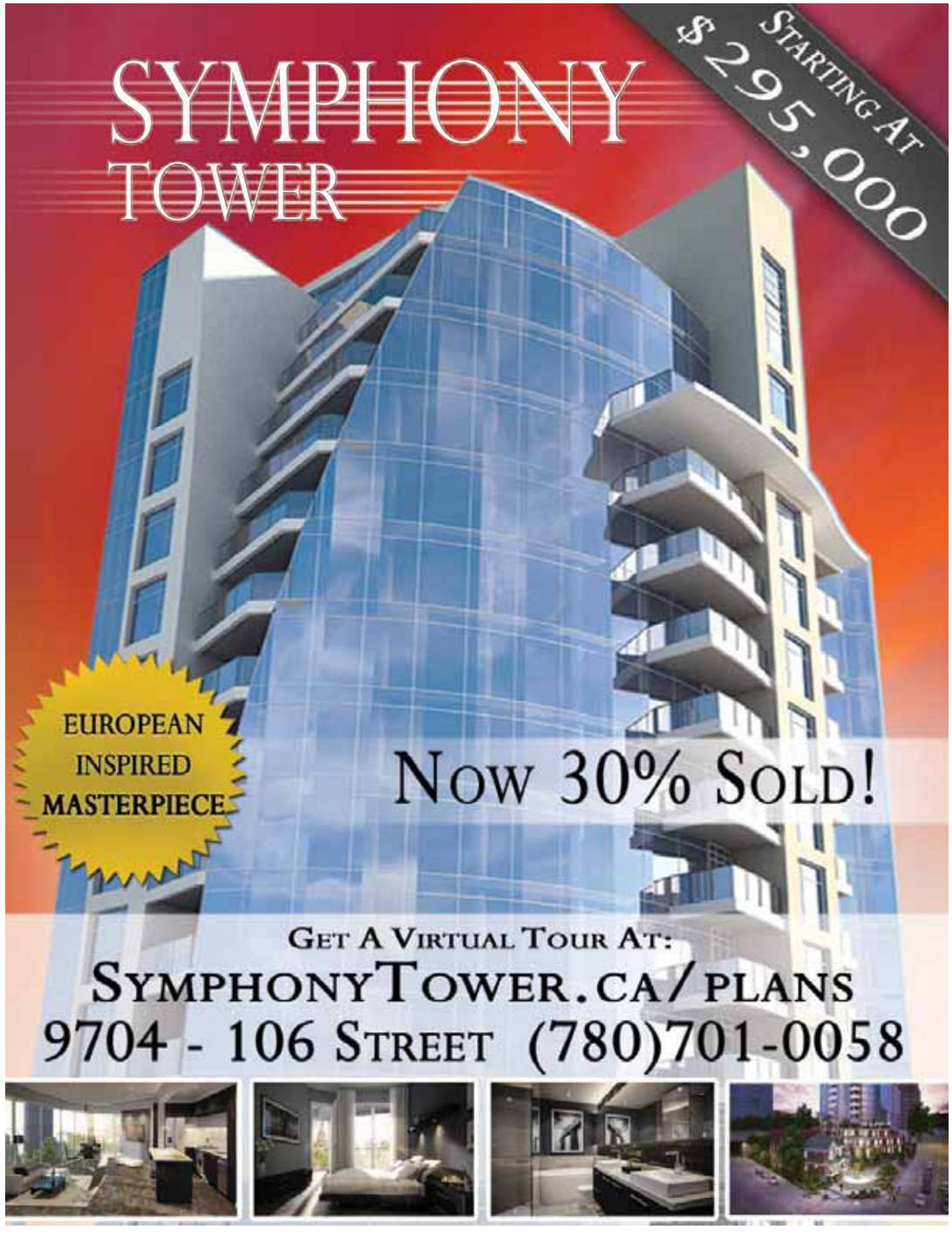
Artists, diplomats mark First World War centennial

Artists and diplomats declared a new century of peace and unity in Europe on Saturday, in the city where the first two shots of the First World War were fired exactly 100 years ago.

On June 28, 1914, the Austro-Hungarian crown prince Franz Ferdinand was assassinated in Sarajevo, where he had come to inspect his occupying troops in the empire's eastern province.

The shots fired by Serb teenager Gavrilo Princip sparked the Great War, which was followed decades later by a second world conflict. The two wars cost some 80 million European lives, ended four empires and changed the world forever.

THE ASSOCIATED PRESS



Loose-lip leader can sink stock

HOW TO ROLL
Alison Griffiths
metronews.ca

Top leaders are kind of important when billions of shareholder dollars are at stake. Lululemon shareholders are keenly aware of the impact a leader can have.

The company's stock has nosedived more than 50 per cent since founder and resident loose cannon, Chip Wilson, said the company's infamously sheer yoga pants fell apart because some women's thighs were too large.

Abercrombie and Fitch CEO Mike Jeffries also had a case of foot-in-mouth when an interview recorded in 2006 resurfaced last year. "A lot of people don't belong (in our clothes)," he said, "and they can't belong. Are we exclusionary? Absolutely."

And the stock absolutely plummeted from just over $50 US to under $32.

It isn't always gaffes from those in the corner office that skewer a company's price. Apple is perhaps the most famous example of the impact a departed leader can have.

After the legendary Steve Jobs died in October 2011, Apple stock continued to drift upward. But the honeymoon period for successor Tim Cook ended a year later.

Investors worried that he didn't have Jobs' innovation gene and the stock price quickly went south. It dropped from $100 (accounting for the recent seven-for-one stock split) to under $60 in just 10 months.

What investors say:

- 32 per cent base their decision to invest on their perception of the CEO
- 40 per cent would sell stock based solely on a new CEO
- 15 per cent would buy stock based solely on a new CEO

FTI CONSULTING SURVEY 2011

At the other end of the spectrum is Hunter Harrison. When the 11-year veteran of CN stepped into the CEO slot of underperforming rival CP Rail in 2012, the celebration began. The stock went from flatlining in the low $50 range to $190.

But investors can be forgiving of blunders. Wilson, a majority shareholder at Lululemon, caused the stock to inch up 3 per cent last week by retaining Goldman Sachs to consult on a company shakeup.

Even more dramatically, American Apparel shares jumped 15 per cent last week when recently ousted founder Dov Charney vowed to re-take company control.

But this increase is hard to understand given that Charney's blunders dropped the company from a $4 stock to a 50-cent one over the past six years.

Lululemon Athletica founder Chip Wilson arrives for the company's annual general meeting in Vancouver on June 11. JONATHAN HAYWARD/THE CANADIAN PRESS

Walmart to pay up, court rules

The Supreme Court of Canada has ruled in favour of Quebec workers who lost their jobs at a Walmart store in Jonquiere, Que., after it suddenly shut its doors months after its employees unionized.

The court ordered that the workers be compensated.

The country's highest court ruled in a five-to-two decision that the retail giant modified working conditions for the employees without a valid reason when it shut down the store in February 2005.

The ruling ends nearly a decade of legal battles between the corporate giant and the 190 employees who lost their jobs.

The store never reopened so it is impossible for the workers to be re-hired. Instead, the court said an arbitrator will determine appropriate reparations, possibly with damages and interest.

Friday's judgment stems from a complaint filed by the union against Walmart that alleged the enterprise had modified working conditions by eliminating their jobs.

THE CANADIAN PRESS

Pierre Martineau, left, and Patrice Bergeron, two of the Walmart workers who initiated the unionization, stand in front of their workplace, on Sept. 28, 2004, in Jonquiere, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

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CRTC

Rogers, Bell clash over local TV

Two of Canada's biggest telecommunications companies, Bell and Rogers, are clashing over the future of local television and who should pay for it.

In its submissions to the CRTC, Bell said it believes changes should be made by the regulator to allow local TV stations to be reclassified as "local specialty services." The move, said Bell, would allow stations to charge broadcast distributors.

But fellow telecom giant Rogers Communications says it won't support the plan for the new expenses, which it feels would likely filter down to the cable bills of customers.

THE CANADIAN PRESS

Energy

Encana sells Bighorn assets

Energy producer Encana has agreed to sell its Bighorn operations in Canada for about $1.8 billion to another Canadian company, the privately held Jupiter Resources.

Encana said Friday the sale includes about 360,000 acres of land in Canada with total net proved reserves of about 1.1 trillion cubic feet equivalent, mostly natural gas. It also includes Encana's working interests in all pipelines, facilities and service arrangements.

The companies expect the Bighorn deal to close by the end of the third quarter.

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HEAVEN & EARTH SOMEHOW UNMOVED

URBAN COMPASS

Terence Harding
edmonton@metronews.ca

During his election campaign, our mayor vowed that every year he would move heaven and earth (my words, not his) to find two per cent cost savings in the budget. So off he goes in search of financial efficiencies. But oops — there is no two per cent to be found. And horror of horrors, to achieve that goal would mean cutting services or raising fees.

Hands up everyone who is surprised by this turn of events.

If you have your hand up, you are saying you actually thought that would happen. And better still, you are shocked and stunned that cutting services or raising fees is supposedly the only way of meeting his self-imposed target.

If so, apparently you don't get out much.

"We need more money or we are going to have to cut services" has been the mantra of our city council and administration for more than a decade.

Apparently, yearly tax increases about double the rate of inflation aren't enough to make ends meet. So what are a poor mayor and council to do? The mayor says he doesn't want to nickel and dime Edmontonians to meet his goal. Really? I thought nickel and diming Edmontonians through never-ending fee increases for drainage and garbage removal was a key element of the job.

Do the mayor and council start asking some hard questions about where they are spending money that is not related to providing city services? Not on your life.

That would just be too darn hard. Do they say that maybe they should rethink their desire to have the Commonwealth games here?

Heavens no, the $5-8 million it will cost just to bid will be money well spent — not to mention plenty of fun to spend. Do they ask themselves if funding Make Something Edmonton to the tune of $1 million might be a place to look? Nope. You can't put a price tag on cool stuff like that.

Do they wonder if the hundreds of thousands of dollars that will go to Edmonton Stories this year might be put to a better use? Nope. So when we get a tax increase next year that is about double the rate of inflation, our mayor will sleep soundly at night knowing you aren't going to be upset because there will be some justification for doing so.

And besides, you'll believe anything.

What it takes

The mayor says he doesn't want to nickel and dime Edmontonians to meet his goal. Really? I thought nickel and diming Edmontonians through never-ending fee increases for drainage and garbage removal was a key element of the job.

LOCHIN' IT DOWN

People say they are mad for trying, but this crew is going to pedalo around the North Sea, anyway. COURTESY HOWARD SIMONS

Monstrous challenge

Pedalo-ing up some cash

ED FOSTER
Online editor at Motor Sport magazine, 31, based in London

Four friends are bidding to become the first people to sail around the 500-mile northern tip of Scotland by pedalo.

Metro talks to Ed Foster, founder of the 500-mile Pedalo project.

What is the idea behind the project? It's all about raising money for charity. My father was diagnosed with Parkinson's disease six years ago and, despite him putting on a brave face, it really is an absolutely terrible disease. Last year my friends Tash and Nico lost their mom to lung cancer only two months after diagnosis. It was a massive shock to all of us.

Why choose a pedalo? It's not very leisurely out on the North Sea ... Not at all (laughs). Our pedalo, named Mutly, is in the shape of the Loch Ness monster and that's going to make it tougher due to wind resistance. The challenge is as ridiculous as it is mad, but that's why we love it.

Do your families think you're bonkers? Yes, pretty much.

What have been the main challenges in preparing for this feat? Getting the right pedalo made for it. Pedalos are used on calm lakes as a leisurely way to pass five minutes. No one does missions on pedalos and I have never met a 'pedalo specialist.'

And yet you're taking to the water ... Failure is not an option for us. We will finish the task even if we lose half the boat in a storm.

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MetroTube

Plenty of cheers in city of Algiers

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's been a very tough run for Algeria at the past few World Cups, so when the nation officially advanced to this year's round of 16 by playing Russia to a draw, it was time to celebrate — and by that we mean time for the entire city of Algiers to lose its mind and get with the fireworks.

It sure would be nice for Canada to be involved in this little soccer tournament. It looks fun. (Minaghitart/YouTube)

JON SUPER/THE ASSOCIATED PRESS)

metro

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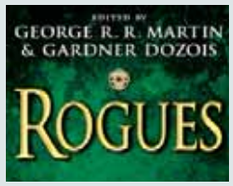


Rogues

By. George R. R. Martin & Gardner Dozois

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

The savagery which the Game of Thrones series is known for can be traced back to one man, Prince Daemon Targaryen, whose tale is included here amongst a collection of short stories about rogues edited by George R. R. Martin. All the stories are deliciously fun, but it's the inventive scoundrels of Neil Gaiman and Connie Willis who steal the show.

BBC

He's coming back! Sherlock to return for Christmas 2015

Martin Freeman, who plays Dr. John Watson on BBC's Sherlock, dropped the first hint of what's to come for the show since its third season aired in January. In an interview with Britain's The Telegraph, he revealed that Sherlock will resume filming early next year — for what will likely be a Christmas 2015 special.

But that wasn't the only new information Freeman dropped about the fate of the show.

"We generally follow the trajectory of what (Arthur) Conan Doyle did. So (Watson) gets married, and then (his wife) Mary dies — so at some point presumably she'll die," Freeman told the Telegraph.

EVA KIS/METRO IN NEW YORK CITY

Benedict Cumberbatch and Martin Freeman on Sherlock. CONTRIBUTED

Under the Dome gets 'so Stephen King-ian'

Dean Norris. Actor dishes on his dastardly character's 'come to God' moment and the Dome as a cruel master

NED EHRBAR
Metro in Hollywood

Dean Norris picked one heck of a series as a follow-up to Breaking Bad, taking on the dastardly role of local politico Big Jim on Under the Dome, based on the novel by Stephen King. That choice certainly seems to be working out for him. The series, a smash hit last summer, returns Monday at 10 p.m. ET/PT on Global for another season chronicling the mysteriously cut-off town. Here, Norris lets us in on what to expect this year.

Where we find Big Jim at the start of the season:
Big Jim thinks that he knows what's best for the town and he thinks he's inspired by the Dome to do what he does … What happens in the first episode is that he comes to an awakening and he re–evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome. Whether that turns out to be truthful or not, that's what we'll find out as the season goes on.

One of the things that Big Jim is trying to deal with is seeing if there is enough food for everybody, if there is enough water for everybody, what resources are left for us to survive under the Dome. That's definitely one of the themes that we deal with, and Big Jim in particular is looking to try to answer or come up with a solution for.

Whether Big Jim might be lightening up a little this season:
Actually, I think so. I think part of the transformation, the kind of theme we are talking about this year includes some redemption for Big Jim. It's actually in the first episode that he has kind of a "come to God" or "come to Dome" moment where he believes that maybe his purpose in life shouldn't be to be so nasty. And that's kind of a story arc that continues throughout the season; whether he has a higher purpose, a greater purpose other than just killing people and being mean to his son.

The rules of life under the Dome:
The Dome is a harsh master. I think we are discovering what the Dome can and can't do. That's part of the season arc. I think we are all struggling to find out what it means, what its powers are, whether it's good or whether it's bad, whose side it's on. So all of those are questions that we attempt to answer and that we struggle with throughout the season, basically getting to know that exact thing, what is it about, what could it do?

Bringing in Stephen King to write the first new episode:
Can I say something about Stephen King? The first episode is so Stephen King-ian and part of it is that almost in the midst of the kind of most horrifying and tragic elements, there are these little lines that are almost kind of humorous. It was so cool to see that because it's in his books and it was so cool to see it in the script.

I think you will see in that first episode there are moments where Big Jim maybe sees ghosts or they may be ghosts or they may be whatever they are. And while it's a kind of a terrifying or horrifying situation, it's also funny to see Big Jim have to squirm with these kind of Ghosts of Christmas Past and the future and have to deal with them. And it's such a Stephen King-ian thing and it's all present there in the first episode that he wrote.

Dean Norris stars as bad boy Big Jim on Under the Dome. GLOBAL

Mike Vogel and Rachelle Lefevre also star in Under the Dome. GLOBAL

AUGMENTED REALITY

→ What can fans expect from Season 2 of Under the Dome? Scan this photo with your Metro News app for a video of Stephen King, Dean Norris, Rachelle Lefevre and others talking about what's coming.

metro AR

→ See the full instructions on Metro's Voices page.

Change of heart

"What happens in the first episode is that he comes to an awakening and he re-evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome."

Actor Dean Norris on his character on Under the Dome

Shia LaBeouf ALL PHOTOS GETTY IMAGES

Shia transforms into angry drunk, gets arrested

Professionally not famous anymore actor Shia LaBeouf hasn't been having a very pleasant time in New York lately. The Transformers star was arrested this weekend after drunkenly causing a scene at a performance of Cabaret, during which he reportedly disrupted the show, shouted at the actors on stage, smoked what some witnesses say was a joint indoors and fell out of his chair, according to Fox News.

When LaBeouf was asked to leave, he refused, reportedly yelling at security, "Do you know who the f— I am?" He was charged with five counts of disorderly conduct, criminal trespass and harassment. LaBeouf also apparently taunted and threatened police officers even after being handcuffed and had to have a face mask put on because he would not stop spitting at the officers. According to Page Six, LaBeouf was also spotted earlier in the evening chasing a man who appeared to be homeless through Times Square demanding he hand over a McDonald's bag. METRO

Meet the neighbours: De Niro crashes viewing party

If you're planning on having a World Cup viewing party for any upcoming games, be sure to leave room for Robert De Niro. The Oscar-winning actor reportedly crashed a get-together at an apartment near the Brooklyn set of his new film to watch last week's match between Germany and the U.S., according to Business Insider. Apparently the movie's studio, Warner Bros., was ready to mount a satellite dish on a nearby building and run a cable down to his trailer if they couldn't find accommodating hosts for De Niro and company, but luckily it didn't come to that. METRO

Robert De Niro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Ryan Seacrest gets his bod bikini-ready

STARGAZING
Malene Arpe
scene@metronews.ca

Ryan Seacrest tweets that he's doing something called a Bikini Kleanse and asks his followers not to judge. Dude, there's no judging here. You can do whatever you want with your bikini as long as you buy a dictionary.

Gary Oldman rants against "political correctness" and spews a wide variety of racist, anti-gay and misogynist slurs during a Playboy interview. That's really too bad, and it leaves an unexpected, gaping vacancy on my all-time list of actor crushes. So welcome, guy who plays Hook on Once Upon a Time.

Kanye West's community service for attacking a photographer will be served teaching at a fashion school. Leather Jogging Pants 101 and Yelling for no Reason 102 are already booked solid.

Gordon Ramsay announces he will be making no more Kitchen Nightmares shows. He won't have time, since he promised Kanye to help him out teaching one of those college courses.

While visiting the set of Game of Thrones, the Queen declines a chance to sit on the Iron Throne. She didn't care that it would have been turned into a massive meme or that her entire reign would have been nullified by one pop culture moment. She was just really afraid the tiny magnets sewn into her skirt to prevent lifting would cling to the throne.

One Direction is releasing a cosmetics line. Sigh. All this time I thought it was the way I flipped my hair that made me beautiful.

Neil Patrick Harris

NPH leaving NYC because his hubby doesn't trust him around flirty guys

Neil Patrick Harris wasted no time announcing his exit from the Broadway production of Hedwig and the Angry Inch after winning his first Tony award, but apparently it wasn't just because he thought his work there was done. "Neil and (husband) David (Burtka) came to an agreement that he would let Neil do Hedwig on Broadway for six months, including the rehearsals and previews," a source explains to Radar Online. "David didn't trust leaving Neil in New York to do the show while he and the kids went back to L.A. because he knows that other guys are always very flirtatious with Neil in L.A. and he didn't want to risk it in New York. At least in L.A. David is always around to make sure it never goes any further. And not to say certain guys haven't become 'friendly' with David in New York, too, but without each other around it's hard to resist other guys hitting on them." METRO

Rick Ross arrested after failing to appear in court

Rapper Rick Ross has been released after his arrest following a U.S. concert.

Greensboro Police Department spokeswoman Susan Danielsen says Ross was taken into custody Friday after the SuperJam concert in Greensboro, N.C. She says a court had issued an order for his arrest because he failed to appear in court on a previous misdemeanour marijuana charge.

The rapper, whose real name is William L. Roberts, was taken into custody after his performance. Danielsen says he was released on $1,000 US bond. THE ASSOCIATED PRESS

Rick Ross

LIFE 3

Give your kids some credit

Bank of Mom & Dad.
Teaching children as young as 10 how credit works will pay off

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

As a society, we're no damn good at handling credit. Since it's only a matter of time until someone comes and waves a credit card under your kids' noses and says, "Try it, you'll like it," your job is to make sure they're prepared to deal with credit smartly.

Can you imagine walking into a bank and saying, "'Scuse me, but I don't have a job, I've never had credit, may I have a credit card, please?" They'd laugh uproariously at your impudence. Yet every year lenders hand out thousands of credit cards to unsuspecting students who have no visible means of repayment and don't understand the impact of failing Credit Management 101.

Want to change that for your children?

As early as 10, start teaching your children how credit works, when to use it, and how to spend only what they can afford.

Issue your child a credit card on the Bank of Mom & Dad. Have Sonny Boy design the card and draw up a cardholder's agreement that you both sign. In the agreement, lay down the rules: How much credit he can use (the "credit limit"), when his statement will arrive, how much time he has to pay (the "grace period"), and the minimum payment required. Most importantly, describe with examples how much interest your child will have to pay on any balance outstanding.

Life in plastic? It's fantastic if your kid first understands how credit works. ISTOCK

The point of the exercise is to help kids to learn the reality of credit use. Lesson #1: When you use someone else's money to buy stuff, that stuff costs more. You must charge interest.

Don't come hissing and spitting at me with terms like "usury" and "profit." I'm not suggesting you build your retirement plan from your child's borrowing. If you want children to experience the true impact of using someone else's money to meet their spending needs then interest must be a part of the equation.

Loan them your expertise

It's far better for your kids to experiment with credit under your careful guidance so that by the time they head off on their own, they'll have mastered their debt responsibilities.

If you teach them it costs nothing more to acquire that scooter than the ticket price, are you really preparing them for the credit cards and personal lines of credit that are in their futures?

How much interest is enough? I suggest you go with 28 per cent a year — like a store card — otherwise the interest is not significant enough for them to feel the pinch and learn the lesson.

Now Sonny Boy can use his credit card when he sees something he wants to buy, but doesn't have any money. He gives you his credit card. You make the purchase on his behalf. You give him a charge slip to sign (a receipt book will do nicely for this). And you return his card and charge slip.

At billing time, you total his charges and present him with a bill that shows the minimum payment and the total outstanding balance. In a perfect world he pays you back in full. More likely, he makes a partial payment and carries a balance and you're in the business of calculating interest.

If you're giving an allowance from time to time, you may be hit up for an advance. This is another opportunity to teach about borrowing. Make sure to charge Baby Doll interest on the advance.

What if Baby Doll won't repay the advance? Time for Lesson #2: Inconsistent repayment affects your ability to borrow in the future. Tell her that before you give her another loan, she must offer you some form of collateral. It may be her bike, her telephone or her iPad. Make up a loan agreement and include a paragraph that clearly spells out that if the loan is not repaid on time, you have the right to take whatever collateral she has given you until the loan is repaid.

If Baby Doll consistently slips off the repayment path, you could withhold a part of her allowance and apply that to the repayment of the loan (like having your wages "garnished"). But then you are removing the responsibility for making the repayment from your child. A better lesson would be to insist upon repayment as soon as you have given the allowance. Create a chart showing how much she owes. Each week, reduce the amount owed so she can see her progress in repaying the loan.

A child who does not repay a loan on time needs to see the consequence of a bad credit history: No more loans. And the child who is constantly borrowing may benefit from having a loan request declined to teach how constant borrowing reduces her ability to repay (and therefore qualify for) yet another loan.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Let friends help you see the bright side

Self-esteem study.
Empathy and reframing can help flip a sombre pal's mood sunny side up, research shows

Being open to positive remarks from friends and family, even during a rough patch, is important for self-esteem, according to researchers at Waterloo University and Wilfrid Laurier University.

The study, which involved 113 undergraduate students with a mean age of 20.3, indicates that self-esteem is in some way a choice, based on an affinity for the positive.

Overly negative views, they say, spark a chain reaction in which rejection from a lover or potential employer can be interpreted as trail markers along the path to worthlessness.

"People with low self-esteem want their loved ones to see them as they see themselves," says Professor Denise Marigold, from Renison University College at Waterloo and lead author of the study. "As such, they are often resistant to their friends' reminders of how positively they see them and reject what we call positive reframing: expressions of optimism and encouragement for bettering their situation."

Participants reported that consoling friends and colleagues with low self-esteem was exhausting and frustrating due to their friends' fundamental lack of desire for positive reframing.

The research team found that in consoling a friend with low self-esteem, empathy is often the best approach.

This extends to identifying their negative feelings about their predicament as appropriate.

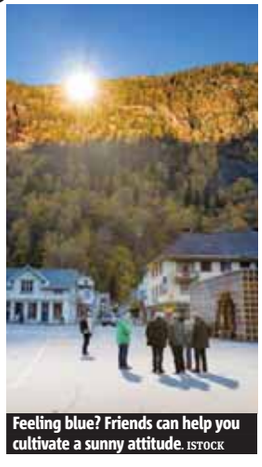
"If your attempt to point out the silver lining is met with a sullen reminder of the prevailing dark cloud, you might do best to just acknowledge the dark cloud and sympathize," says Marigold.

Additionally, participants reported that trying to cheer up a friend with one such dark side often made them feel worse about themselves, suggesting that low self-esteem is contagious.

Fortunately, there is good news, for if the sombre study didn't have a sunny flip side, then self-esteem would be a rare commodity.

Being open to positive reframing and allowing friends and family to cheer you up can greatly enhance self-esteem.

The findings were published in the Journal of Personality and Social Psychology. AFP



Feeling blue? Friends can help you cultivate a sunny attitude. ISTOCK

Make your home office work for you

Home sweet office.
Set up a productive, peaceful work space with these designer tips

MONICA WEYMOUTH
Metro in New York City

If you're lucky enough to work from home, you know that no work, in the history of work, has ever been done on the couch. Same goes for the kitchen table. And don't even get us started on the coffee shop: If you're not the fresh-faced, making-it-in-the-city star of a romantic comedy, you have no business working out of a coffee shop.

No, free-roaming friends, you need a proper home office. Whether you're a full-time telecommuter or just dabbling in flexible summer hours, we hit up Philly-based interior designer Mel McDaniel (melmcdanieldesign.com) for tips on setting up a productive, peaceful space.

Designate a space

No bedroom to spare? No problem. It's not crucial that you designate an entire room — just that you designate some room to be used strictly for business. "Closets, nooks, attics — if you need a home office, the space can be found," says McDaniel. "Look carefully: Is there a large closet that could be converted into an office? Is there a part of a room that would work with a space divider?"

Desk direction

A little feng shui goes a long way when it comes to your desk. "Never put a desk so that the person sitting at it has their back to the door," says McDaniel. "It's very unnerving to work without being able to see the doorway."

Light the way

There's nothing less inspiring than cubicle farm fluorescents. If you're working on your own turf, soften things up overhead, then add additional task lighting near your desk. Pro tip: To free up space, McDaniel recommends ditching the desk lamp and going for wall-mounted fixtures.

Colour theory

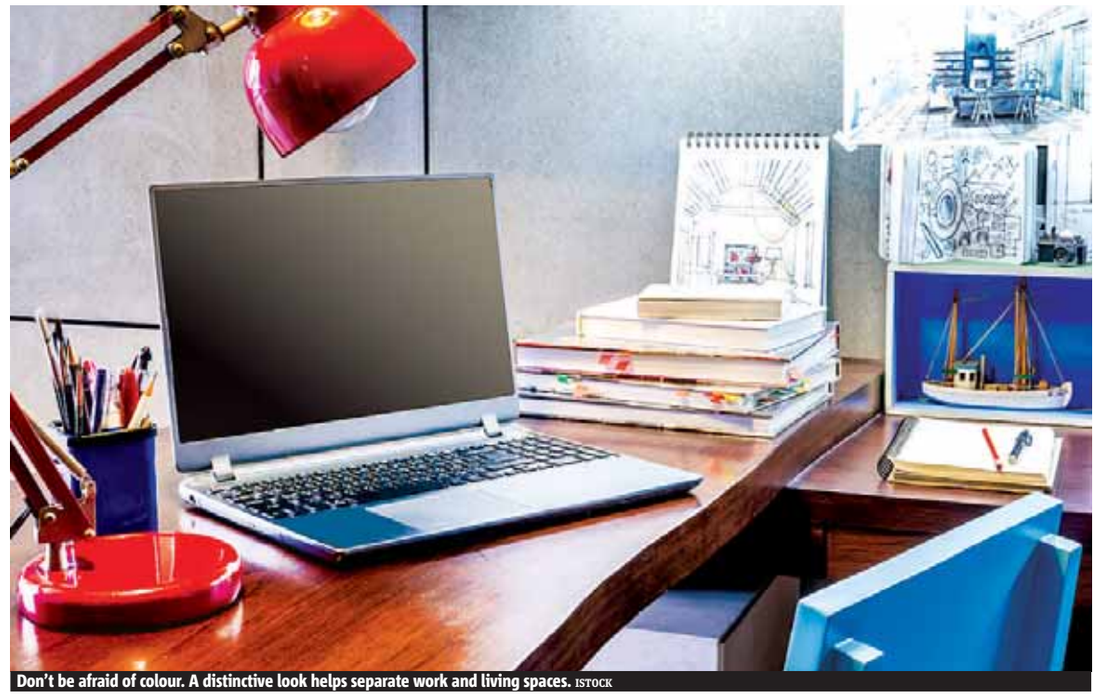
One of the easiest ways to differentiate your office space from your living space is the paint scheme. "Don't be afraid of colour," advises McDaniel. "Branch out from the main colours in your home — it will help create a different feel as you transition from the kitchen into your place of work."

Pet-friendly amenities

Cat got your keyboard? Get kitty her own perch. THEREFINEDFELINE.COM

You can get a sitter (or premium cable) for the kids. But as for cats, well, they lounge where they please. Keep them off your keyboard with the Kitt-In Box, a genius desk extension from The Refined Feline (we've found that it also accommodates small, sleepy dogs).

- **$30 US, therefinedfeline.com**



Don't be afraid of colour. A distinctive look helps separate work and living spaces. ISTOCK

Telecommuting

79.7%

According to the Census Bureau's latest American Community Survey, the telecommuting population increased by 79.7 per cent between 2005 and 2012.

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Make basil pesto green with envy with an olive-parsley alternative

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD
From your fridge to your table in 30 minutes or less

This delicious olive pesto goes so well with a perfectly cooked cut of beef.

The key to the best flavour and texture with flank steak is to marinate it and don't forget to cut it across the grain.

You can marinate this with a bottled light Italian dressing or use olive oil, lemon juice (or vinegar) and herbs.

Flank steak is one of the leanest cuts of beef you can buy. It's best to cook it medium to medium-rare for the best flavour and texture. Use a meat thermometer and remove from heat when internal temperature reaches 130 F, which would yield medium-rare.

The olive-parsley pesto that you'll top the steak with has a unique taste compared to regular basil pesto.

I prefer parsley as it's less expensive and keeps its colour when chopped.

Marinate the steak for up to two days in advance if desired. Make the pesto early in the day. Cook the steak just before eating.

Directions

1. To make the olive parsley pesto: In a food processor, add the parsley, oil, garlic, nuts, cheese, olives and lemon juice. Purée until smooth. If too thick, add the water. Set aside.

2. Grill or sauté steak on medium heat 5 to 8 minutes per side or until done to preference. Let rest for 10 minutes, then slice thinly across the grain. Serve with the pesto. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Olive Parsley Pesto
- 1 cup well-packed parsley leaves
- 3 tbsp olive oil
- 1 clove garlic
- 1/4 cup toasted pine nuts or almonds
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 1/4 cup pitted green olives
- 2 tbsp lemon juice
- 2 tbsp water

Steak
- 1 1/2 lb flank steak

Nutritional information

Per serving
- **Calories.** 481
- **Carbohydrates.** 2.9 g
- **Fibre.** 0.6 g
- **Protein.** 42.5 g
- **Total fat.** 28.1 g
- **Saturated fat.** 9.4 g
- **Cholesterol.** 120 mg
- **Sodium.** 380 mg

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

This recipe serves four. ROSE REISMAN

Taste the (carrot) rainbow

Orange carrots are so last season!

How about adding a bit of purple, red, yellow and white to your table?

You can find this rainbow of carrots in specialty supermarkets and prepare them the same way you would your garden variety orange carrots.

I like to roast them with a little olive oil and sea salt.

This might just be the answer to you convincing your children to include more vegetables in their diet.

1. Place the sliced carrots on a baking sheet lined with foil and sprayed with vegetable oil. Drizzle over olive oil and sprinkle with sea salt.

2. Roast at 425 F for about 20 to 25 minutes turning halfway.

3. Serve garnished with mint. **ROSE REISMAN**

Ingredients
- 1 lb of coloured carrots (cut lengthwise in half and then quarters)
- 1 tbsp olive oil
- 1/8 tsp sea salt
- 2 tbsp chopped mint or basil

4 SPORTS

CFL

Reilly leads Esks in kicking off season in style

Mike Reilly completed three touchdown passes as the Edmonton Eskimos came back to beat the B.C. Lions 27-20 on Saturday in the first game of the CFL season for both teams.

The Eskimos overcame an early 14-0 deficit as Calvin McCarty, Fred Stamps and Adarius Bowman caught Reilly's touchdown passes. Grant Shaw provided their other points in the form of three converts and a pair of field goals.

Andrew Harris and D-Tre Player scored touchdowns for B.C., while Paul McCallum added two field goals.

Reilly completed 22 of 35 passes for 229 yards.

The Eskimos are looking to reverse a 4-14 season in 2013 that was their worst in 50 years.

THE CANADIAN PRESS

MLB

Jays wilt in finale vs. White Sox

Even the pinch-hit return of Jose Bautista could not help the Toronto Blue Jays.

The all-star right-fielder appeared in his first game in a week, pinch hitting in the sixth inning but grounding into a force out as the Chicago White Sox defeated the Blue Jays 4-0 on Sunday, Toronto's third loss in a row.

"Hopefully, Bautista's back in here the next couple of games to give us kind of a jolt in the lineup," said Blue Jays left-hander Mark Buehrle who took the loss despite holding the White Sox to two runs in eight innings.

THE CANADIAN PRESS

Sam Gagner was traded from the Oilers to the Lightning, and then from the Lightning to the Coyotes on Sunday. GETTY IMAGES FILE

Gagner traded ... then traded again

NHL. Centre's exit clears space for No. 3 overall pick Draisaitl in Oilers' future plans

Sam Gagner was traded twice within 90 minutes Sunday night, first from the Edmonton Oilers to Tampa Bay and then from the Lightning to the Arizona Coyotes.

The Oilers got winger Teddy Purcell from the Lightning in exchange for centre Gagner. The Lightning then flipped him to the Coyotes along with tough guy B.J. Crombeen for a sixth-round pick.

Gagner has two years left on his contract at a cap hit of $4.8 million US. The 24-year-old had long been the subject of trade rumours with Edmonton mulling changes amid a long playoff drought.

Purcell, a 28-year-old right-winger, has two years left at a cap hit of $4.5 million. He had 12 goals and 30 assists in 81 games this past season.

The trade represents another change for the Oilers as general manager Craig MacTavish seeks to get a young core built around Ryan Nugent-Hopkins, Taylor Hall and Jordan Eberle to the playoffs for the first time.

The newest Oiler

Teddy Purcell, a native of St. John's, N.L., has 228 points in 401 career games and 18 in 22 playoff games.

Drafting big German centre Leon Draisaitl third overall Friday night might have been enough to convince MacTavish it was time to move Gagner, whose no-trade clause was set to kick in July 1.

"I think (Draisaitl) helps us fill a need, gives us an opportunity to have a strong centreman with some size that can play ahead of or behind the Nuge, whatever way it works, and we'll give him that opportunity," director of amateur scouting Stu MacGregor said Saturday in Philadelphia.

Gagner, the sixth overall pick in 2007, had 10 goals and 27 assists in 67 games in 2013-14. In his NHL career, all with Edmonton, the London, Ont., native has 295 points in 481 games. THE CANADIAN PRESS

Roughriders running back Anthony Allen follows the block of teammate Xavier Fulton against Tiger-Cats linebacker Simoni Lawrence in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Riders pick up where they left off

Anthony Allen rushed for 155 yards and scored two touchdowns to pace the Saskatchewan Roughriders' new-look offence in a 31-10 victory over the visiting Hamilton Tiger-Cats on Sunday.

In front of just 19,285 spectators on a rainy and windy day at Mosaic Stadium, quarterback Darian Durant looked sharp from the opening snap. He led the Riders on scoring drives in three of their first four possessions.

Saskatchewan starts the 2014 CFL season 1-0 and will visit the Toronto Argonauts (0-1) in Week 2. Hamilton (0-1) will travel to Edmonton next week to face the Eskimos (1-0).

Week 1

Roughriders	Tiger-Cats
31	10

Chris Milo opened the scoring with a 35-yard field goal on the Riders' first possession. Allen scored his first touchdown on a two-yard reception from Durant the next time the Riders offence had the ball.

Allen's second touchdown came early in the second quarter, a one-yard plunge, and gave the defending Grey Cup champs a 19-0 lead.

Durant finished the day 14-for-21 passing for 132 yards and two touchdowns.

Tiger-Cats quarterback Zach Collaros was 16-for-30 for 130 yards and a TD. The Riders defence sacked him 10 times, including three from Ricky Foley. THE CANADIAN PRESS

Nether say never in Fortaleza

The Netherlands' Arjen Robben leaps over a challenge in the second half of his team's dramatic 2-1 win over Mexico during the Round of 16 in of the World Cup on Sunday in Fortaleza, Brazil.
WONG MAYE-E/THE ASSOCIATED PRESS

World Cup. Mexicans ousted by quick-striking Dutch and 'the whistle'

The Dutch were worried about the oppressive heat at Arena Castelao, and left it with the stifling hot conditions to thank for a spot in the World Cup quarter-finals.

An inspired tactical change during the second of two official heat stoppages led to a late goal from Netherlands forward Wesley Sneijder and an injury-time penalty from Klaas Jan Huntelaar in a dramatic 2-1 win over Mexico on Sunday.

"I moved to Plan B at the cooling break," said Netherlands coach Louis van Gaal. "That is a good way to take advantage of those breaks."

Despite scoring 10 goals in three group matches, the Dutch again started the match with a defensive 5-3-2 system. Van Gaal made the switch to a more attacking 4-3-3 formation.

Round of 16

2	1
Netherlands	Mexico

- Mexico has now advanced to the second round at the World Cup six straight times and not reached the quarter-finals.

That helped turn the match around and extend Mexico's second-round curse to six straight World Cups.

"Unbelievable," said Arjen Robben, the Netherlands forward that earned the late penalty. "Five minutes from full time, we were out."

But the Mexicans wilted in the heat as they conceded twice as many goals in the final minutes of the match as they had in the entire group stage.

Mexico coach Miguel Herrera, one of the most popular characters at the World Cup because of his emotive ways on the sidelines, blamed referee Pedro Proenca for the loss and accused Robben of diving under a challenge from Rafael Marquez to earn the penalty.

"Today it was the man with the whistle who eliminated us from the World Cup," Herrera said. "If a referee invents a penalty, you're out of the World Cup.

"I hope they have a look at what happened and that this gentleman goes home just like we are." THE ASSOCIATED PRESS

AUGMENTED REALITY

- Scan the image with your Metro News app to view a gallery of Sunday's action in Brazil.
- See the full instructions on Metro's Voices page.

'We will go on': Costa Rica continues to defy odds

Costa Rica beat Greece in a penalty shootout Sunday to reach the World Cup quarter-finals for the first time after defending desperately with 10 men for nearly an hour.

Michael Umana scored the decisive penalty as Costa Rica won the shootout 5-3 after the game ended 1-1.

Greece's Theofanis Gekas saw his penalty saved by Costa Rica goalkeeper Keylor Navas for the only miss in the shootout. Umana scored and straight away sprinted over to where Navas stood to hug him after the 'keeper kept Costa Rica's surprise run at the World Cup alive with a string of last-gasp stops through the 120 minutes.

Round of 16

1 (5)	1 (3)
Costa Rica	Greece

Costa Rica will play the Netherlands in the quarter-finals on Saturday in Salvador — a first appearance in the last eight for the Central Americans.

"To the entire people in Costa Rica, those at home and out on the streets, this is for you," Costa Rica's Colombian coach Jorge Luis Pinto said. "This is a people that love football and they deserve it.... We will continue fighting. We will go on. We see beautiful things."

Costa Rica took the lead early in the second half at Arena Pernambuco through captain Bryan Ruiz's smooth finish but then had defender Oscar Duarte sent off in the 66th minute with a second yellow card for a tackle on Jose Holebas.

The red card changed the game and Greece poured forward for most of the remainder of the match.

The Greeks equalized and finally beat Navas in injury time of regulation time when defender Sokratis Papastathopoulos smashed in a rebound from another Navas save to make the team's numerical advantage eventually pay and temporarily keep it in the World Cup. THE ASSOCIATED PRESS

Costa Rica players celebrate after winning a penalty shootout against Greece on Sunday in Recife, Brazil. RICARDO MAZALAN/THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Honesty is by far the best policy, so get ready to tell a loved one something you fear may turn them against you. According to the planets you'll be surprised to discover they don't really care — in the nicest possible way.

♉ Taurus
April 21 - May 21
You need to get serious about your money situation. For too long you've been content to take what you were given but as communications planet Mercury is about to move in your favour again ask for more.

♊ Gemini
May 22 - June 21
Many things will change over the next few days — and mostly nice things. The planets are about to reward you for all the efforts you made but that is not an invitation to stop there.

♋ Cancer
June 22 - July 23
Close your ears to criticism and let your heart lead you. The more others tell you that you are on the wrong course, the more you should keep to the path you are on.

♌ Leo
July 24 - Aug. 23
If you join forces with like-minded people over the next two days you'll accomplish something remarkable. It may not be possible for one person to change the world but many minds working together can.

♍ Virgo
Aug. 24 - Sept. 23
The planets indicate people of authority will look on you favourably over the next few days, so keep doing what you are doing and make sure you do it with a smile.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in your fellow Air sign of Gemini will do wonders for your confidence over the next 48 hours and it won't be long before what you've been worrying about is in the dustbin of history.

♏ Scorpio
Oct. 24 - Nov. 22
The more others try to intimidate you today the more you must stick to your guns. They are only criticizing you this much because they fear that your plans might succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
There are times when it is sensible to let others take the lead and this is one of them. As of tomorrow, when Mercury moves in your favour again, you can seize the initiative and make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
You need to get your everyday affairs in order but to do that you will need to be more ruthless. Anything that distracts you from your aims must be cut out of your life altogether. That includes people too.

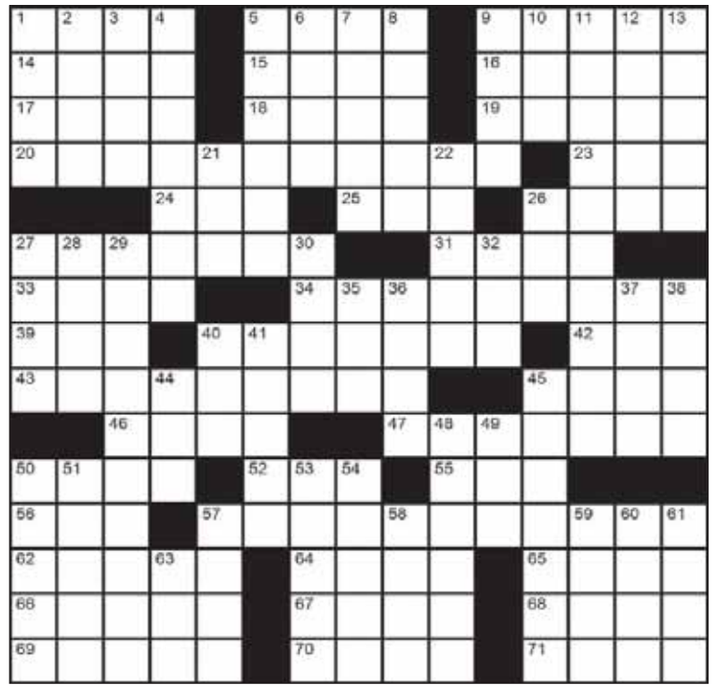
♒ Aquarius
Jan. 21 - Feb. 19
Be dynamic and make the most of whatever new opportunities come your way. Everything will work out for the best if you believe in yourself and that the Universe is on your side.

♓ Pisces
Feb. 20 - March 20
Over the next two days the planets will bring to a head issues you've been avoiding. Once you realize you can no longer run away you'll have to seek solutions. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

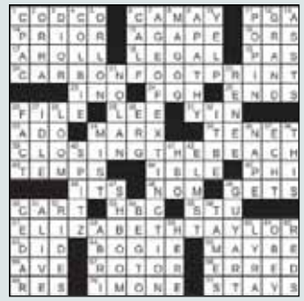
BY KELLY ANN BUCHANAN



Across
1. Engage in
5. Pouches
9. Particular pear
14. Reunion attendee
15. Firefighter
16. Red veggies
17. Type of tide
18. __ agreement
19. Classifieds cost: 2 wds.
20. Recently passed away lyricist played by Canadian actor Jake Epstein in Beautiful - The Carole King Musical: 2 wds.
23. Bus. day
24. __ de cologne
25. Hosiery hue
26. DeeJay's exclamation: "It's _ __!"
27. Sing without singing [var. sp.]: 2 wds.
31. Skin opening
33. 'Meteor' suffixes
34. Treat of tiers: 2 wds.
39. TV kind
40. TTC = Toronto __ Commission
42. Fleur-de-__ [var. sp.]
43. Ontario: Town in the County of Dufferin
45. Ms. Ward
46. Thailand, formerly
47. Helix hit: 2 wds.
50. 60-__ bulb
52. Except...
55. King: French
56. Avril's fave mo.
57. It's on display especially on July 1st: 2 wds.
62. Cattiness
64. Press
65. Anastasia's dad's job
66. Tartan
67. Woodwind
68. Ms. Fitzgerald
69. Feel
70. Meddlesome [var. sp.]
71. "Disco Duck" singer Rick

Down
1. Designer Vera
2. Helm position
3. Thickening gum
4. __ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
5. 1980 miniseries
6. __ Space Museum of Calgary
7. Artsy creation
8. Syllable-singing system
9. Lift _ __ (Make okay again)
10. Mr. Beatty
11. "Angel Eyes" Canadian singer/guitarist: 2 wds.
12. Comic actress Cheri
13. Exerciser's motto, "__ __ or lose..."
21. "Whoopee!"
22. Where Charlottetown is, __ _ _ _
26. Rainbow's shape
27. Abner, et al.
28. Rash reaction
29. Esplanade Riel, __ bridge in Winnipeg
30. Benny Goodman's instr.
32. Suppertime scrap
35. __-Margret
36. Flanders river
37. Metric weight, briefly
38. Jacob's Bible twin
40. Acronym for time as yet unknown
41. Dance style
44. Illumed
45. __ the issue (Avoided)
48. Scotland's __ Islands
49. Crime fighter
50. They look like skinny bees
51. Particular pie
53. Toronto's __ Station
54. 2013 Ryan Reynolds cartoon about a speedy snail in which he voiced the title character
57. Relinquish control
58. Murmurs
59. 1970 rock festival, __ of Wight
60. Valley
61. Times
63. Shakespearean contraction

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		7			4		9	
			9	5				4
3				8		6		
		8					1	
		3	6		8	2		
	2					4		
		5		2				9
8			7	3				
	1		5			8		2

Friday's Sudoku

6	2	3	8	9	5	1	4	7
5	7	8	2	1	4	3	9	6
9	4	1	7	3	6	5	8	2
7	6	9	4	8	1	2	3	5
1	5	2	9	7	3	4	6	8
3	8	4	5	6	2	7	1	9
8	1	5	3	2	9	6	7	4
4	9	6	1	5	7	8	2	3
2	3	7	6	4	8	9	5	1

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 22° MIN: 15°	MAX: 25° MIN: 15°	MAX: 29° MIN: 13°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
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E783

REMOTE KEYLESS ENTRY, 17" ALUMINUM WHEELS, CLASS 4 TRAILER HITCH, 5.7L HEMI 395HP

$27,489 $158 B/W

SAVE $12,667

2014 RAM 2500 CREW CAB SXT
E923

REMOTE KEYLESS ENTRY, 17" ALUMINUM WHEELS, CLASS 4 TRAILER HITCH, 5.7L HEMI 395HP

$42,500 $247 B/W

SAVE $7,874

2014 2014 RAM 1500 CREW CAB SLT
E660

BACK UP CAMERA, HEATED SEATS AND STEARING WHEEL, REMOTE START, 3.0L ECOTEC DIESEL 40MPG

DIESEL!!!

$45,500 $260 B/W

SAVE $11,200

2014 RAM 1500 QUAD CAB SLT
E961

TRAILER TOW GROUP, HEATED SEATS AND STEARING WHEEL, REMOTE START. 3.6L 36MPG

3.6L PENTASTAR!!

$35,500 $204 B/W

SAVE $11,900

2013 RAM 3500 MEGACAB LARAMIE
D872

8.4' SCREAN, GPS NAVIGATION, BLUETOOTH, POWER SUNROOF, REMOTE START

6.7 CUMMINGS LAST 2013!!!

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MINUS APPLICABLE REBATES

$66,500 $379 B/W

SAVE $15,105

2014 RAM 3500 CREW CAB LARAMIE
E402

BLACK APPERANCE GROUP, LEATHER, HEATED AND COOLED SEATS, REMOTE KEYLESS ENTRY, 6.4L HEMI 410HP

$59,900 $345 B/W

SAVE $9,635

2014 RAM 1500 REG CAB STE
E345

LOCKING TAILGATE, TINTED GLASS WINDOWS, USB, 5.7L HEMI 395HP

$19,995 $114 B/W

SAVE $8,795

2014 RAM 3500 CREW CAB SXT
E820

SKID PLATES, BLUETOOTH, SXT GROUP, TRAILER BRAKE CONTROLLER, 6.7L CUMMINGS

DIESEL!!!

$51,000 $298 B/W

SAVE $12,819

2014 RAM 3500 CREW CAB LARAMIE
E818

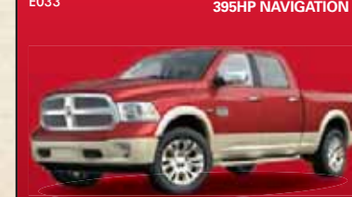
8.4" NAVIGATION, LEATHER, HEATED AND COOLED SEATS, REMOTE KEYLESS ENTRY, REMOTE START, 6.7L CUMMINGS

$64,500 $369 B/W

SAVE $13,335

2014 RAM 1500 CREW CAB LARAMIE
E033

TRAILER TOW GROUP, HEATED AND COOLED SEATS, HEATED STEARING WHEEL, 5.7L HEMI 395HP NAVIGATION



$45,500 $260 B/W

SAVE $13,300

BIWEEKLY PAYMENTS QUOTED BASED ON 96 MONTH @4.29%. PRICES ARE PLUS GST AND REFLECT ALL APPLICABLE CONSUMER CASH. PRICE AND PAYMENTS INCLUDE RAM CONQUEST/LOYALTY/TRADESMAN BONUS CASH. VEHICLES MAY NOT BE AS SHOWN. BIWEEKLY PAYMENTS BASED ON 96 MONTHS OF $158.00 PLUS GST FOR E783 2014 RAM 1500.. COB $5068.62. TOTAL OBLIGATION $32740.62

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